Greatly indebted

Canadian household debt numbers are skyrocketing and look a lot like U.S. figures before the housing bust, an expert warns PAGE 6

DALTON DAYS ARE DONE

ONTARIO PREMIER STEPS DOWN, PROROGUES LEGISLATURE PAGE 5

SASKATOON metro®

Tuesday, October 16, 2012

News worth sharing.

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Fans go extra miles for Biebs

Baby, baby, baby, ohh. Concert-goers from out of town arrive in droves as Justin Bieber sets place at Saskatoon table

ROB BROWN
Metro in Regina

Five-year-old Talon Lazaruk had it circled on his calendar months ago. Justin Bieber. Oct. 16. Saskatchewan.

"I've been counting down the days for a couple of months," said the Regina youngster. While only five, Talon has Bieber's dance moves down.

"He knows them all," said Talon's mom Keri. The pair are taking Tuesday afternoon off, picking up a friend, and hitting the road to Saskatoon. While Keri isn't a Bieber fan, she's more than happy to be along for the ride. Talon may even go autograph-hunting before and after the concert.

Eight-year-old Neveah Wilker has been holding on to her tickets since getting them for her birthday earlier this year. She will be going Tuesday and spending an extra day in Saskatoon. While others may enjoy Wednesday shopping, the main event for Neveah is Tuesday.

"I can't wait to get to Saskatoon!" she said.

Cornwall Centre shopper Darren Fleming said while he had no interest in catching Bieber fever himself, he said the size of Bieber's fan base would be a great draw for a bigger venue for Regina.

"Perhaps an excuse for a dome, I don't know," he said.

The pop superstar is expected to draw more than 13,000 Tuesday night to Saskatoon's Credit Union Centre. Many are predicting heavy traffic congestion in the city before and after the show.

Promoters are encouraging ticketholders to arrive as early as 6 p.m. The show is expected to start at 7 p.m. with Mission, B.C.'s Carly Rae Jepsen taking the stage as the opening act.

Saskatoon will be running special shuttle buses throughout the city, including Confederation Mall Transit Terminal, Market Mall and Lawson Heights Mall.

Twitter has Bieber fever!

@Jillianbrown143: I'll be at school during the day, but I've had my tickets since May!

@Kerilazaruk Off to Saskatoon tomorrow with Talon and Amy for Justin Bieber! @AmyWagman #BELIEVEtour

@justinssparkles Jessie j: nobodys perfect. Me: have you met justin bieber

@FightForJDBiebs Beliebers almost never say Justin Bieber.We always just talk about Justin, Biebs or Juju &when we get serious it´s always Justin Drew Bieber

@LoveUSelnBiebs "Justin Bieber is the youngest male artist to top the Billboard U.S. 200 chart since Stevie Wonder in 1963." #PROUD

@beliebin "Justin Bieber won't last." Sorry, but isn't that what everyone said in 2009? Exactly

@cantumjr I'd rather host a #JustinBieber Karaoke Night #ThanvoteforObama

This Sept. 30 photo shows Justin Bieber performing at the MGM Grand Garden Arena in Las Vegas. Bieber's Believe Tour lands in Saskatoon tonight. ISAAC BREKKEN/INVISION/THE ASSOCIATED PRESS FILE

STARS up and running

Rural communities lacking critical-care facilities can now count on some extra help from above PAGE 3

Romney or Obama?

U of R and U of S students sound off on which U.S. presidential candidate will be better for the province PAGE 4

Breaking out

Whether from stress, diet or pregnancy, hormonal imbalance is the main reason for adult acne. Experts share their tips to banish those blemishes PAGE 10

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Political sparring

Saskatoon mayoral debate gets heated

Last night's mayoral debate, which aired on CTV, saw incumbent Don Atchison sparring against candidate Tom Wolf, leaving Clay Mazurkewich caught in the middle.

While discussing road conditions, Wolf called for more investments into the infrastructure of existing and older neighbourhoods — a comment Atchison argued was ignorant.

"Actually, there's one of your reasons of lack of experience of not (having) been on council already because, in fact, we have dealt with that," said Atchison.

Wolf then took aim at Atchison, calling for more accountability. "It seems that what city hall has done in the last few years has been to truly discourage people from voicing their opinions," said Wolf.

All three candidates will be attending the final two mayoral forums on Thursday Oct. 18.

JANE CAULFIELD/METRO

Outside police station

83-year-old dies in hospital weeks after being beaten

A woman in her 80s has died almost a month after she was assaulted outside the downtown police station in Saskatoon. Police say the assault happened on Sept. 16. They say a woman came into the police station shouting that she had just assaulted someone outside.

Police found the 83-year-old woman lying on the sidewalk. A 38-year-old woman is charged with aggravated assault and assaulting a police officer, but the charges could be upgraded.

THE CANADIAN PRESS/CJWW

Dr. John Froh, foreground, Gennifer Bergson, immediate right, and the STARS emergency medical team listen to speakers at the inauguration of Saskatoon's first STARS helicopter on Monday at a temporary hangar at John G. Diefenbaker International Airport. BRIAN MOSKOWITZ/FOR METRO

STARS helicopter lifts off in Saskatoon

Air ambulance. Critically ill, injured patients can now be transported within a 250-kilometre radius of Saskatoon

BRIAN MOSKOWITZ
saskatoon@metronews.ca

Saskatchewan's latest emergency air-ambulance service launched Monday at John G. Diefenbaker International Airport to provide assistance to rural communities lacking critical-care facilities.

The Shock Trauma Air Rescue Society (STARS) helicopter will be able to transport critically ill and injured patients from within a 250-kilometre radius of Saskatoon, said Dr. John Froh, medical director at STARS Saskatoon.

"When you look at the statistics for trauma, the type of calls STARS would respond to would be fairly serious traumas like motor vehicle accidents," said Froh.

Froh explained that before STARS services were available, communities less than 200 kilometres from Saskatoon would transport critical-care patients by ambulance, while the province's Ministry of Health provided air-transfer services for people living at further distances.

Communities far from the city's 250-kilometre radius, like La Ronge, will continue to receive emergency transfer services directly from the ministry.

"There's a sense of pride coming home and being able to provide the service, especially with it being new to Saskatchewan," said Saskatoon native Gennifer Bergson, community education leader and flight paramedic at STARS Saskatoon.

Bergson is one of three STARS crew members who gained medical experience in Alberta and have now returned to their home province.

The provincial government and corporate donations including $27 million from PotashCorp will maintain and upgrade the service.

Quoted

"A bright red helicopter is already a familiar sight in southern Saskatchewan. Now it will be in Saskatoon and central Saskatchewan as well."

Rural Health Minister Randy Weekes
referring to the first STARS helicopter launched in Regina in April

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Campus buzz: Romney vs. Obama

U.S. President Barack Obama and Republican presidential candidate Mitt Romney are set to go head-to-head for a second debate this evening in Hempstead, N.Y. Metro spent some time on the University of Regina and University of Saskatchewan campuses to get the local take on who should be in office. The question posed was:

'WHO WILL BE BETTER FOR SASKATCHEWAN?'

JANE CAULFIELD/METRO SASKATOON AND ROB BROWN/METRO REGINA

Caitlin Woloschuk

"Obama is about equality, and that's really what I'm for."

Arts and science student, U of S

Paul Hansen

"Obama would be good for Saskatchewan because of his socialist view and socialist policies, which is something the Saskatchewan government is big on right now."

English and political studies student, U of S

Kurt Hofmann

"Depends on which side you look at. If it's going to be a business side, definitely Mitt Romney will be better for Saskatchewan.... From a moral point of view, I think Obama.... He deals with social issues more so than just economics."

Publications officer in communications, U of S

Jay Moser

"I don't think our relationship with the U.S. is determined either way by the outcome of the presidential race."

Computer science student, U of R

Katie Williamson

"Obama will be better for the province and Canada."

Actuarial science student, U of R

Kaleigh Maguire

"I don't know who would be better overall; both have advantages and disadvantages. Our relationship is more important because we border them."

History student, U of R

Financial disclosure

NDP shows the money in wide leadership race

The Saskatchewan NDP is opening up the books in the race for a new leader. The party has published the first monthly financial disclosure statements of the four NDP leadership candidates, as well as a list of those who have donated $250 or more to each candidate.

Saskatoon MLA Cam Broten raised the most in September ($19,694.99) while Regina MLA Trent Wotherspoon spent the most ($26,792.34). Saskatoon physician Ryan Meili had $13,188.81 in contributions and economist Erin Weir reached $14,666.89.

THE CANADIAN PRESS

Province aims to protect tap

The Saskatchewan government has outlined a 25-year plan that it says will protect water supplies from the source to the tap.

The plan has seven goals that include making sure water supplies are sustainable.

The province says conservation is critical and could be achieved through pricing strategies.

But the plan adds that new reservoirs, pipelines and canals may also be necessary to meet demand.

Water demand is highest in the southern part of the province because of industrial development such as potash mines.

Other goals include ensuring dams meet water supply and management needs safely and making sure measures are in place to respond to floods or drought.

"We want to ensure there is a sustainable water supply available to support our growth, a healthy environment and our quality of life," Ken Cheveldayoff, minister responsible for the new Water Security Agency, said Monday.

The Water Security Agency will report annually on how the plan is working.

THE CANADIAN PRESS

Water Minister Ken Cheveldayoff

CONTRIBUTED

Average premium rate

Workers' Comp Board drops premium for 2013

Saskatchewan's Workers' Compensation Board has proposed a reduction to the average premium rate for 2013.

The board says the average premium will drop by two cents to $1.58 for every $100 of payroll, a decrease of 1.25 per cent.

This will be the sixth straight year the average rate has dropped and marks a 22.9 per cent decrease from the 10-year high of $2.05 in 2004.

Premiums in 34 rate codes will drop by an average of 5.4 per cent while premiums in 11 rate codes will see an average increase of three per cent.

Five industry codes will have no premium change.

The board attributes the drop in the average premium to a projected six per cent payroll growth next year and improving safety performance in the province. THE CANADIAN PRESS

Temple REIT

Saskatoon Inn and Conference Centre sells for $37.15M

Temple Real Estate Investment Trust said Monday it has signed a deal to buy the Saskatoon Inn and Conference Centre for $37.15 million.

The trust said it will also spend $10 million on a capital expenditure plan over the next three years to update and refurbish the hotel.

The eight-storey hotel, located near the Saskatoon airport on a 3.7-hectare property, has 250 rooms, including 21 suites, as well as over 28,000 square feet of meeting and banquet space.

The trust said it would finance the deal with a $27.75-million mortgage loan and cash.

The acquisition is expected to close Nov. 1.

Temple REIT owns hotels across Western Canada, including the Temple Gardens Mineral Spa in Moose Jaw, Sask. THE CANADIAN PRESS

Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private-sector union, which will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City.

THE CANADIAN PRESS

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito, at Quebec's corruption inquiry, says illegal fundraising was commonplace in the province's politics and it occurred under various political parties. Zambito is testifying that he funnelled $88,000 over the last decade to all Quebec political parties.

THE CANADIAN PRESS

Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.

Researchers looked at 129 accidental cycling deaths in Ontario between 2006 and 2010, using data from the Office of the Chief Coroner.

THE CANADIAN PRESS

Leaked video

Hulk Hogan suing over sex tape

Reality-TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem.

THE ASSOCIATED PRESS

Ontario Premier McGuinty steps down

Under fire. Provincial leader calls is quits amid political gridlock after nine years as premier, 16 as Liberal leader

Beaten down by a series of scandals, Ontario Premier Dalton McGuinty announced late Monday he was stepping down as Liberal leader and adjourning the legislature because his minority government can't pass legislation to freeze public-sector wages.

After 16 years as party leader and nine as premier, it's time for new blood, McGuinty told a surprised Liberal caucus as his wife Terri and brother Brendan looked on.

"It's time for renewal, it's time for the next Liberal premier, it's time for the next set of Liberal ideas to guide our province forward," McGuinty told the caucus.

"To that end, I spoke with the president of our party and asked that he convene a leadership convention at the earliest possible opportunity."

McGuinty said he would stay on as the MPP for Ottawa-Centre until the next election.

Politics aside

"I have never doubted his sincere commitment to the people in this great province of Ontario ..."
Conservative Leader Tim Hudak

The Liberals have been under fire for months for an out-of-control air ambulance service and faced a second contempt motion Monday for cancelling two gas plants in Mississauga and Oakville at a cost of hundreds of millions of dollars to taxpayers.

However, McGuinty blamed the fight over a public sector wage freeze for his second surprise — adjourning the legislature. He vowed the Liberals would try to negotiate zero-increase agreements with the unions — something the NDP has demanded — and would also use the break to negotiate with the Progressive Conservatives.

"They oppose our wage freeze plan, and that means we can't make it the law, certainly as it stands at this point," said McGuinty.

"I met with the LG (lieutenant-governor) earlier today and asked that we prorogue the house so that we can pursue both discussions, both tracks, in a way that is free of the heightened rancour that has sadly, too frequently, characterized our legislature of late."

The government needs the wage freeze for about 481,000 public sector workers to trim the $14.4-billion deficit, and McGuinty said proroguing will give the government time to find out exactly what the Tories want to approve the plan.

THE CANADIAN PRESS

Ontario Premier Dalton McGuinty walks out of the government caucus room with his wife, Terri, after announcing he is stepping down from his position, Monday, in Toronto. MICHELLE SIU/THE CANADIAN PRESS

Go to metronews.ca to see reactions from politicians, readers and Ontarians about the surprise resignation.

Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Monday, where the first hearings are taking place for the Jan. 13 shipwreck. GREGORIO BORGIA/THE ASSOCIATED PRESS

Costa `. Former cruise captain faces victims at court hearing

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt. Hearings this week will help decide whether a judge will order trial for Schettino.

THE ASSOCIATED PRESS

Family finances in worse shape than expected

Revised StatsCan data.
But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit-market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of family finances.

The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani, an analyst with Capital Economics.

"Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy. THE CANADIAN PRESS

Upside

- There was some good news in the revised figures from Statistics Canada. It turns out that Canadians have more assets than previously thought, with per capita net worth rising $7,900 to $190,200 due mostly to an improved calculation of holdings in unlisted company shares.

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"Along with Saskatoon, we've seen tremendous growth over the past six years. Our enrolment is up 29% and revenue 60%. We've expanded and improved our campuses throughout the province adding the new Aviation Learning Centre in Saskatoon. "

This message brought to you by Prosperity Saskatoon.

What crisis? Global luxury sector sees third straight year of strong growth

Chinese shoppers at home and abroad are pushing global sales of luxury items to new heights, helping the sector post its third straight year of strong growth since the global recession.

A new study by Bain & Company released Monday forecasts the global luxury-goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros ($274 billion US) from 192 billion euros in 2011.

That would be the third straight year of double-digit growth following two years of contraction in 2008 and 2009 when many countries around the world slid into a deep recession following a banking crisis.

Claudia D'Arpizio, a Bain partner and lead author of the study for Italy's luxury trade association Fondazione Altagamma, called concerns about market weakness "overblown."

While the global economic crisis that began in 2008 has shown few signs of abating in pockets, particularly in Europe, the luxury sector overall has been in recovery since 2010, when high-end consumers resumed their easy spending habits. THE ASSOCIATED PRESS

By the numbers

10%

A new study forecasts the global luxury-goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros ($274 billion US).

Market Minute

DOLLAR 102.04¢ (-0.07¢)

TSX 12,229.96 (+27.92)

OIL $91.85 US (-1¢)

GOLD $1,737.60 US (-$22.10)

Natural gas: $3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)

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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

With an election campaign happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer-modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here, but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty-pageant candidates, yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

So, since the body politic has strayed entirely out of the realm of reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays

Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on

ALL PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.

THE ASSOCIATED PRESS

Dogs and elephant show

Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera and adoptive "mom" Jenny Webb at their Malawi home on Oct. 8.

Trunk feeder

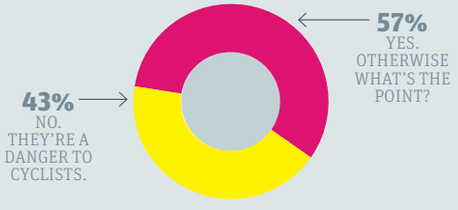
2

Number of feedings Moses receives every hour. Below, the orphaned calf devours a formula bottle.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should e-bikes be allowed in bike lanes?



Twitter

@heather_mo:
I am incredibly terrible at loading dishwashers, and I'm scared everyone at work is going to figure out it's me.

@chinridge1:
I love Saskatoon — beautiful fall colors today. At policy governance training to help prepare me for Secan board.

@jdpitman:
Bottling London Porter, this room smells like heaven.

@FrankBCollins:
Oh hello there sun, perfect timing! #yxe

@kaelan_jelena:
tomorrow the #BelieveTour will rock saskatoon better get ready beliebers here comes the one and only @justinbieber

@_nothing_at_all:
A guy with the coolest accent asked me if i knew of any 'alternative' clubs in Saskatoon

metro

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Out of the Black puts a big light on Boys Noize

New album. Huge names jumping on board with Alexander Ridha as he continues his journey through the indie-music underworld

Boys Noize has been getting big name collaborations without big label help. DOUGLAS VAN SANT FOR ELECTRICZOOFESTIVAL.COM

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to perform with the biggest names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha at Electric Zoo in New York City to talk about his newest album Out of the Black and find out what influences him and keeps him going.

Out of the Black is coming out throughout October. What inspired you on this album?
One of the big parts of this album was really getting back since it's my third album. I was trying to get this feeling back when I first started producing.

Most of the time when you don't know what you are doing that's when the magic happens.

I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. I would say it's a mix of my first and second albums.

You have a lot of disco and hip hop influences. Is that what you grew up listening to?
I have a 10 years older brother, and at the end of the 80s he was buying all those early house records so I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff.

When I started to buy records I was buying both, like hip hop and house. The way I always mixed house music as a DJ was also more in a hip hop way. I was cutting music and loops.

Who would we be surprised that we listened to? The Bee Gees?
I don't have anything against the Bee Gees and Donna Summer, but that was more my mother's side. She was all in that disco stuff like chic.

What kind of hip hop did you listen to?
The old school stuff was kind of like Pharcyde or Wu Tang. When it came out, I was able to rap the whole ODB album, the first one.

Even though I didn't understand anything because I was German, I was rapping along! I stopped buying hip-hop records towards the beginning of 2000 because it got too much like jiggy, and it was only about like rims and stuff. But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop.

Speaking of Snoop Dogg — or Snoop Lion, I guess...
Not on my album. On my album he's Snoop Dogg! (Laughs)

What was it like working with him on Got It?
It was amazing. It was like a dream come true. I was always saying to myself, 'If I would be able to make a track for him, I could stop making music.' I grew up with his sound. It was cool. You know he wants to vibe first so we hung out a little bit. In the beginning of this year we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

What else can we look forward to from you besides your new album?
I'm going on my first live tour. I'm going to do a crazy production as well. It's going to be something I'm really, really excited about.

I (started) the tour Oct. 6, and I'll be in the U.S. I think from Nov. 23. It's going to be crazy I told you.

I just wanted to make something new. I've been lucky to play all festivals with my CDs, and it definitely had a live element as well because I do a lot of improvisation or remix live on the go.

METRO WORLD NEWS

DVD reviews

Moonrise Kingdom

Director. Wes Anderson

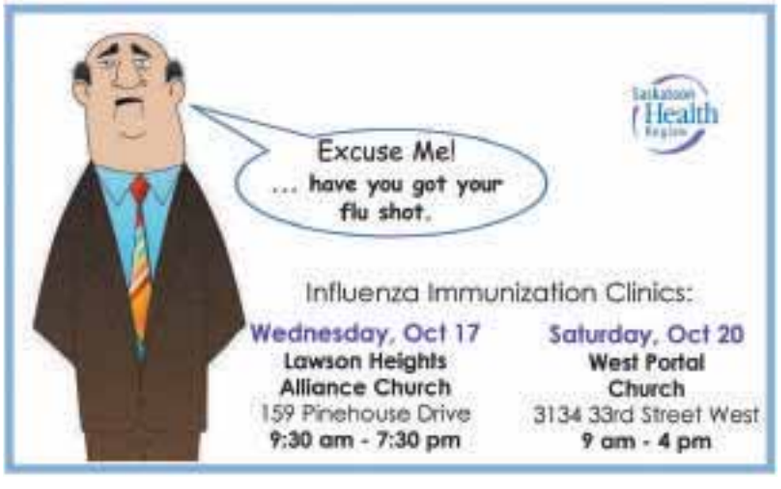
Stars. Jared Gilman, Kara Hayward, Bruce Willis

●●●●○

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. Moonrise Kingdom transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL



Brad Pitt ALL PHOTOS GETTY IMAGES

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

A fast fix?

"I could find anything you're looking for, give me 24 hours or so."
Brad Pitt

Social media and the spotlight scaring Stewart

Becoming famous has made Kristen Stewart become afraid for her life, she admits in a new e-book called Robert Pattinson, Kristen Stewart, Taylor Lautner — In Their Own Words compiled by Talia Soghomonian. "Nowadays it's harder because everyone is on Facebook and everyone knows where you are all the time, and everyone's twittering," Stewart says. "Like I'm going to die because somebody is going to say where I am and somebody is going to kill me. Someone's going to twitter my location and then it's going to be like, boom."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy

THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure."

Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Susan Sarandon

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy practically threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second though, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.

Twitter

@chriscolfer
Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.

@JulietteLewis
Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides

@BetteMidler
Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.

@rickygervais
The autocarrot on my nubile prone is defamatory flocked.

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Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA McGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main reason why an adult gets acne.

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of androgens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne.

Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.

Looking for answers one cell at a time

Health technology. Tiny probes now capable of identifying serious illness on a microscopic level

BEN KNIGHT
life@metronews.ca

Cancer is an enormous problem — one that begins at the microscopic level. If one cell in a hundred-trillion becomes cancerous, that could herald the onset of a catastrophic illness.

Pretty much anything is treatable at that level, but traditional diagnostic medicine simply can't get there that fast.

But a stunning new technology has created tiny probes, actually capable of finding and identifying illness — one cell at a time.

"These probes allow you to look at the cells inside the G.I. tract — the colon, stomach, esophagus, the bile ducts and pancreatic ducts," says Dr. Michel Kahaleh, professor of clinical medicine at Weill Cornell Medical College.

"You finally get the one-stop shop. You come, you get a diagnosis, and you're treated the same day. A patient will be more relieved to know that they don't have cancer — or that it can be treated faster if they do."

The probes use an innovative technology called confocal laser endomicroscopy.

While not actually microscopic themselves, they can be threaded through tiny bodily structures, and have the imaging power to isolate — and explore — single human cells.

New technology is allowing for same-day diagnosis. ISTOCK PHOTOS

The comfort of chicken noodle with an Asian twist

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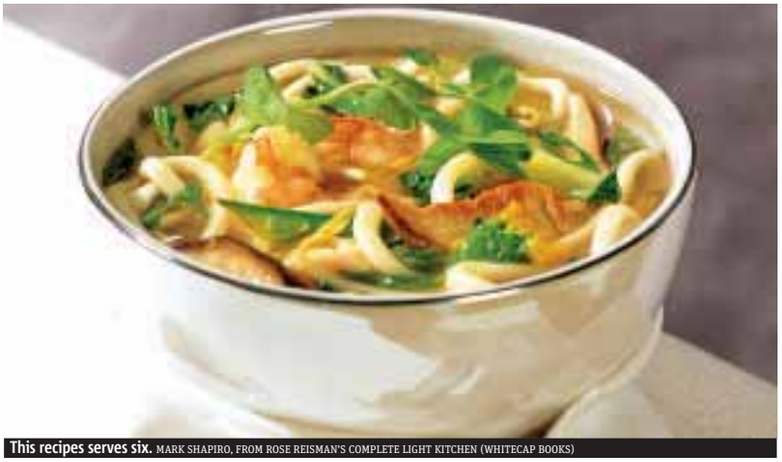


This recipes serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Udon are long, round noodles with a wonderfully dense texture.

This soup is an all-time favourite — it's not only delicious, but also quick to make.

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

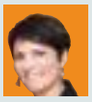
1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and cook for 1 minute. Set aside.

2. Bring the stock and soy sauce to a boil in a large saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

The Seedy Truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- **Sunflower seeds: 91 mg**
- **Sesame seeds: 97 mg**
- **Flax seeds: 110 mg**
- **Chia seeds: 118 mg**
- **Pumpkin seeds (green): 150 mg**

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Kick up Cream of Broccoli with cheddar, bacon

1. Heat the oven to 450 F.

2. In saucepan over medium, heat 1 tablespoon of oil. Add bacon and cook, stirring, 8 mins., or until slightly golden. Use slotted spoon to transfer bacon to a bowl and set aside.

This recipe makes eight starter portions or four mains. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Reduce heat to medium-low. Add another tablespoon of oil and onion to pan, and cook, stirring occasionally, until onion softens. Add coarsely chopped broccoli (not florets), potato and chicken broth. Bring broth to boil, reduce heat and simmer, partially covered, for 20 mins., stirring every so often, or until broccoli and potatoes very tender.

Ingredients

- 2 tbps plus 2 tsp extra-virgin olive oil, divided
- 3/4 lb Canadian bacon, chopped
- 1 medium yellow onion, sliced (about 1 cup)
- 2 lbs fresh broccoli (4 cups small florets set aside, the rest, including the stalks, trimmed of tough skin and coarsely chopped)
- 1 small Yukon gold potato (about 6 oz), scrubbed and thinly sliced
- 5 cups low-sodium chicken broth
- Kosher salt and ground black pepper
- 1 tbsp fresh lemon juice, or to taste
- 2 oz sharp cheddar cheese, coarsely grated

4. Meanwhile, on rimmed baking sheet toss florets with remaining 2 teaspoons oil. Season with salt and pepper, then spread in an even layer. Roast in top third of oven 5 mins., or until lightly caramelized.

5. When vegetables in soup are tender, transfer soup to blender and purée, in batches, until smooth. Be careful and only fill blender a third full each time.

6. Return soup to saucepan, along with roasted broccoli florets and bacon. Add the lemon juice, then season with salt and pepper. Add water, if necessary, to achieve the desired texture. Ladle the soup into 4 shallow soup bowls and top each portion with some of the cheddar.

THE ASSOCIATED PRESS/SARA MOULTON OF SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY

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The boom in boomer business

Alison on Money. Canadian boomers giving 'retirement' a whole new meaning

YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

In numbers

- 9.6 million Canadians are boomers.
- 29 per cent of Canadians are boomers.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

Contact Alison at griffiths.alison@gmail.com or www.alisongriffiths.ca

Gifts

It's not too early to start holiday shopping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Many consumers are starting their holiday shopping by the beginning of November. ISTOCK IMAGES

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of $150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in October, approximately 40 percent of consumers start holiday shopping at the beginning of November.

But, 70 percent of respondents still have a dismal view of the economy and nearly 25 percent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle. Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse purchases. You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conduced in November of 2011 revealed that Canadians spend approximately $650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately $130 per cheque ($650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift. Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

Emergencies only

Is it really rude to bring one's own food to a dinner party?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.

Think before you bring food. ISTOCK

Dee truth about teaching

Excerpt from new book. Former educator turned funnyman relives his days in front of the blackboard

As young bright-eyed students we think of our teachers as all-knowing magicians who don't exist outside the realm of our classroom walls. But as we age we come to realize that our educators, much like celebrities, are just like us. In his soon-to-be-released book, comedy all-star and former teacher Gerry Dee relives the proud, the painful and the totally hilarious moments of life in front of the chalkboard. Check out this excerpt from Teaching: It's Harder Than It Looks, where Dee recounts the repercussions of a rough night out ....

"I made the big mistake of assigning a presentation on a day when I was hungover. Bad idea. The kids clap after every presentation. When you're hungover, that sound feels like someone's mowing your brain.

Presentation Day is the biggest day in the life of a Grade 5 student. They get so excited about their presentations, especially the girls. As soon as I said the word "presentation," the girls weren't listening anymore. They were just waiting for the word "partners." And when I said the word "partners," they signalled across the class to their best girlfriends. The result was always the same. Some girl signalled to her friend, and then had to announce it out loud: "Yes! We're partners. We're going to do our presentation together because we're partners."

"But can't I be your partner?" another girl would say. "Sorry, Julie. I already signalled to Jennifer." Then the girl who was left out would ask, "Sir, can we have groups of three?" "Sure, go ahead. You can have groups of eight, for all I care." I wasn't planning on listening to the presentations, so what did it matter?

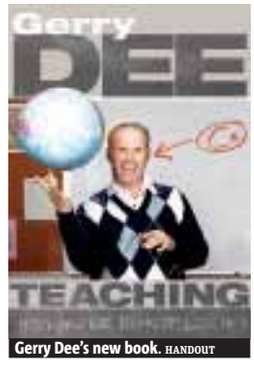
"Yay!" More clapping. Shoot me. I hated partners because there was always some kid who'd never get picked. So I had to partner with him, which I was not in the mood to do. He might smell the booze on me and I would have had to do all the work. That's when I'd throw him with two girls I didn't like just to piss them off. "Julie and Samantha, Robert is going to join you two for your presentation on the giraffe." Ruined their life.

As I'd listen to these presentations on the giraffe or the platypus or the hamster, it always amazed me, first, how bad they were and, second, that the kids actually thought I was listening. They were so unorganized and boring. They would ask to start over every two minutes. They would argue about who was supposed to say what.

I would close my eyes and try to focus on getting rid of my headache. I'd already decided from the beginning that everybody was getting seven out of 10. Because there was no way I was actually going to listen to the presentations and mark them. I was hungover. I could barely breathe. But these kids never got it, and they'd put their hearts and souls into their presentations.

Before the group of girls presented, they'd always have a huddle conference, and I could hear them saying, "This is the biggest presentation of the year. It might be the biggest presentation of our lives. We need to do this right. We need to get extra marks. Right. Go team!"

They always had to get extra marks. They'd do anything to get extra marks. They'd bring in a giraffe if that meant they'd get extra marks. "Suzie, it's time. Bring in the giraffe. Class, this is our giraffe. We brought him from Africa especially for our presentation. Giraffe, stop! Stay still!" "That's great, girls. You brought in a live giraffe. Excellent idea. That is worth a bonus mark."



Gerry Dee's new book. HANDOUT

What I wanted to say was, "Are you kidding me? You went to Africa for a Grade 5 presentation that I am not even listening to? Get the giraffe out of here!" Inevitably, the girls' groups would break down halfway through the presentation and they'd all start to argue.

"Today we are going to talk about the giraffe. The giraffe is an animal that—"

"Hey, I was supposed to say that!" "No, you weren't." "Yes, I was. That's what we agreed!" "Sir, can we start from the beginning?" "No. No way. That was great. Seven out of ten. Sit down." Next up, John is doing the platypus." ELIZABETH BEDDALL

CFL

Argonauts give Williams his walking papers

T.J. Williams paid a hefty price for missing a tackle.

The Toronto Argonauts released the rookie defensive back Monday after Williams missed a tackle on Montreal receiver Jamel Richardson in the Alouettes' 24-12 victory at Rogers Centre on Sunday.

Richardson scored on a 75-yard touchdown pass from Anthony Calvillo late in the third quarter. Williams had a shot at Richardson at about the Toronto 10-yard line and instead of making the tackle appeared to try to knock Richardson out of bounds.

But he ended up barely touching the Montreal receiver, who scored easily.

The six-foot-three, 183-pound Williams appeared in seven games — five as a starter — and had 11 tackles and two interceptions.

THE CANADIAN PRESS

MLB

Giants first home win of playoffs ties series with Cards

Marco Scutaro bounced back from Matt Holliday's hard slide by delivering a big hit of his own that helped the San Francisco Giants get their first home win this postseason, 7-1 over St. Louis on Monday night that tied the NL championship series at one game apiece.

The game got off to a testy start when Holliday barrelled into Scutaro at second base to break up a potential double play in the first inning. The play riled up a crowd that had seen three straight losses by the Giants so far in the playoffs.

There was plenty to cheer for the Giants. Ryan Vogelsong pitched seven strong innings, Angel Pagan hit a leadoff homer and Scutaro hit a two-run single off Cardinals starter Chris Carpenter that broke the game open in a four-run fourth. THE ASSOCIATED PRESS

San Francisco Giants outfielder Angel Pagan on Monday.
GETTY IMAGES

Roughriders wide receiver Taj Smith makes a catch in Toronto on Oct. 8. Saskatchewan's playoff fate is still very much up in the air. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE FILE

The red-hot Lions can clinch the West's top spot with a win over Edmonton on Friday.
DARRYL DYCK/THE CANADIAN PRESS FILE

The Argos should be able to make the playoffs, but the health of QB Ricky Ray will determine whether they do any damage once they get there. CHRIS YOUNG/THE CANADIAN PRESS FILE

The Alouettes can clinch first place in the East Division with a win in Regina on Saturday.
NATHAN DENETTE/THE CANADIAN PRESS FILE

Playoff puzzle still falling into place

CFL. Plenty of post-season scenarios remain with three weeks to go in 2012 campaign

The CFL's muddled playoff picture could clear up significantly this weekend.

The B.C. Lions and Montreal Alouettes can cement top spot in the West and East Divisions, respectively, with outright victories. That would give both teams opening playoff byes and the right to host their conference finals Nov. 18.

The conference champions will meet in the historic 100th Grey Cup on Nov. 25 at Rogers Centre in Toronto.

The Toronto Argonauts and Calgary Stampeders could also both nail down second spot in their respective divisions, with a little help. That would essentially leave third in the East and West Division still up for grabs heading into the final two weeks of the 2012 campaign.

B.C. heads into its home game Friday against Edmonton with a CFL-best 11-4 record, and the defending Grey Cup champion can cement first in the West for the second straight year with a win over the Eskimos.

But the Eskimos (7-8) have plenty to play for. They're fourth in the tight West Division but just two points behind third-place Saskatchewan (8-7) and four points in back of second-place Calgary (9-6).

An Edmonton victory would also solidify its crossover bid. In the CFL, if the fourth-place team in one division has a better record than the third-place finisher in the other conference, the fourth-place squad crosses over and assumes the third playoff seed in the rival division.

Montreal (9-6) visits Saskatchewan on Saturday and would solidify first in the East Division with a victory. The Alouettes lead second-place Toronto (7-9) by four points and have cemented the season series.

The Argos host Winnipeg on Friday night. A Bombers' victory would give Montreal top spot in the East for the fourth time in five seasons under head coach Marc Trestman and ninth time in 13 years overall.

Trestman has guided Montreal to three Grey Cup appearances, winning consecutive titles in 2009 and 2010.

A Toronto win Saturday, combined with Calgary beating Hamilton, would give the Argos second in the East and home-field advantage for the division semifinal Nov. 11.

Calgary would need to beat Hamilton and have Montreal down Saskatchewan to secure second in the West Division.

Hamilton is currently third in the East but only sports a 5-10 record and trails the Eskimos by four points, with both teams having three-regular season games remaining.

The combination of a Hamilton win over Calgary and Montreal win over Saskatchewan would give B.C. first in the West even if it lost to Edmonton.

That scenario would also keep the Ticats' precarious playoff hopes alive heading into their final two regular-season games against Winnipeg and arch-rival Toronto.

THE CANADIAN PRESS

Crowded West

Saskatchewan certainly can't afford to finish tied with either Calgary or Edmonton, having lost the season series with both squads.

- However, should the Riders end up tied for first with B.C. and Calgary they'd get top spot in the West based on having the better winning percentage in games between the three clubs.
- In a three-way tie, the Riders would have a 3-1 head-to-head record against B.C. but just 1-2 against Calgary, leaving them 4-3 overall.
- B.C., with a 2-1 record against Calgary, would finish 3-4 while the Stampeders would end up 3-3 (2-1 versus Saskatchewan but 1-2 versus the Lions).
- The three-way tie-breaker, though, would only be used to determine first place. Second would go to B.C. because of a superior head-to-head record against Calgary.

No regrets from Sinclair after FIFA hands down four-game ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward official after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward an official.

Canada's women's soccer captain received a four-game suspension from FIFA last Friday for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling, but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs ($3,152), plus 500 Swiss francs ($525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford. Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that that was so important, the ref decided the result before it started."

THE CANADIAN PRESS

Quoted

"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen.

Canadian forward Christine Sinclair GETTY IMAGES FILE

Cuba vs. Canada

FIFA head responds to defections

FIFA president Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

"This we cannot let just stand there — it will not work," he told reporters at a briefing.

Blatter will study FIFA's reports into the latest incident in Toronto last Thursday before acting.

The FIFA president said he will personally contact "the sports authorities in Cuba, but giving them a copy to give to their political authorities."

Cuba had just 11 players available to face Canada on Friday and lost 3-0.

THE ASSOCIATED PRESS

FIFA President Sepp Blatter GETTY IMAGES FILE

Canadians prepare for 'hell' of a match in Honduras

Canada's men's national soccer team gather for practice in San Pedro Sula, Honduras, on Monday. Canada faces Honduras in a key World Cup qualifying match on Tuesday. Canadian midfielder Julian de Guzman knows what to expect when he emerges onto the pitch at the Estadio Olimpico Metropolitano. "You're going to expect hell," the veteran of three World Cup qualifiers said Monday. NEIL DAVIDSON/THE CANADIAN PRESS

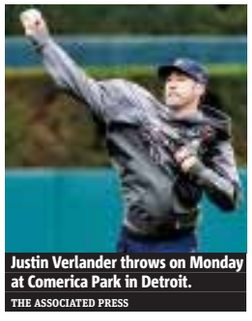
MLB. Tigers' pitching staff simply purring along vs. struggling Yankees

There were times this year when Justin Verlander took the mound while his team was reeling a bit — and the right-hander's presence was Detroit's best shot at snapping out of a momentary funk.

Now, the hard-throwing ace is in a different situation. Led by Verlander, the Tigers' rotation has been absolutely terrific this post-season, and his job is simply to keep this remarkable run going against the slumping New York Yankees.

"I think pitching, much like hitting, is contagious," Verlander said. "Guys go out there night in and night out and see guys have a good game, and the next day he wants to have a good game, so on and so forth. And I think that's what we are feeding on right now."

The Tigers won the first two games of the AL championship series in New York, holding the Yankees scoreless except for one brief uprising against closer-in-limbo Jose Valverde. With the exception of Valverde, no Detroit pitcher has allowed an earned run since Game 3 of the division series against Oakland.



Justin Verlander throws on Monday at Comerica Park in Detroit. THE ASSOCIATED PRESS

By the numbers

0.94

Detroit's starters have posted a 0.94 ERA in the playoffs this year. The post-season record for a starting staff pitching at least seven games is 1.05, set by the 1920 Cleveland Indians, according to STATS LLC.

Verlander takes the mound Tuesday night in Game 3 of the ALCS. The reigning AL MVP won both his starts against the A's, throwing a shutout in the decisive fifth game.

Detroit's pitching display has gone hand in hand with New York's horrendous slump. Derek Jeter is out for the year after breaking an ankle in Game 1 of this series, and the Yankees desperately need their other stars to start hitting.

THE ASSOCIATED PRESS

NHL

CBA talks to return to 'main issues' on Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning. The two sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature commissioner Gary Bettman and Daly for the NHL and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

THE CANADIAN PRESS

NFL. Mood a little merrier with Buffalo back at .500

Shawne Merriman is back in Buffalo after the Bills re-signed the free-agent pass-rushing star to bolster their banged-up defence.

The Bills (3-3) announced the signing Monday, after returning home from an extended West Coast trip, and a day after a 19-16 overtime win at Arizona worked them into a four-way tie for first place in the AFC East.

"You can never have too many guys that we believe can rush the passer," coach Chan Gailey said. "We'd rather not go into a game with just three defensive ends."

Merriman returns to the Bills two months after the team cut the three-time Pro Bowl selection, in part because it wanted to develop several younger players. Buffalo's priorities have since changed after the team's depth has been depleted at the defensive end. Veteran end Chris Kelsay said the adjustment will be easier since Merriman knows the territory. THE ASSOCIATED PRESS

Shawne Merriman with the Bills last October in Buffalo. GETTY IMAGES FILE

Horoscopes

♈ Aries
March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

♉ Taurus
April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

♊ Gemini
May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

♋ Cancer
June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

♌ Leo
July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

♍ Virgo
Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

♎ Libra
Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

♏ Scorpio
Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

♐ Sagittarius
Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

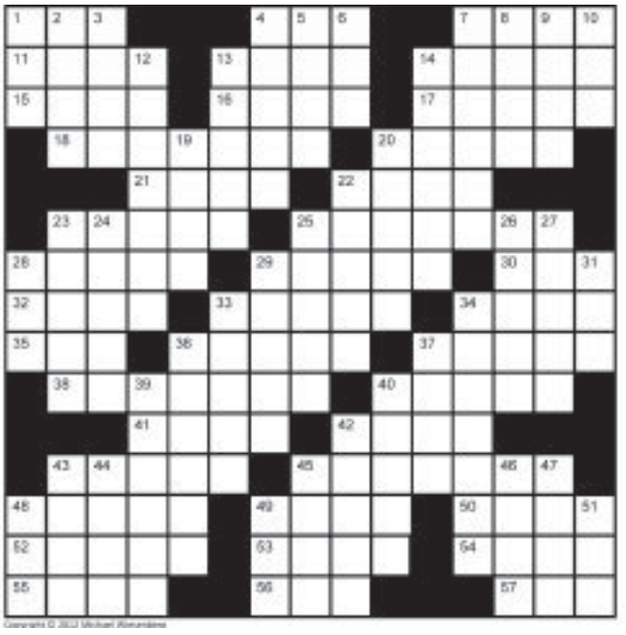
♑ Capricorn
Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

♒ Aquarius
Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

♓ Pisces
Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. SALLY BROMPTON

Canadian Singers Cross Each Other

BY MICHAEL WIESENBERG



Across
1. Flower garden
4. Official Parliament opposition: initialism
7. Chief
11. Allies' foe in WWII
13. Belle's boyfriend
14. Becomes weary
15. Essence of an argument
16. Bring in, as wages
17. Raises, as children
18. IMAX ___
20. Burnaby, BC-born pop singer Michael
21. Brains
22. Dainty fabric
23. Cathedral topper
25. ___ Party: Canada's oldest federally registered party
28. People buy Dr. Scholl's products for these
29. Spelunking sites
30. Box cover
32. Online report
33. Three goddesses of destiny, with "the"
34. Voice type between soprano and tenor
35. Soup container, often
36. Buenos ___, Argentina
37. Oak nut
38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
40. Decrease in intensity
41. How a lazybones hangs around
42. Brought to court
43. Longed (for)
45. Refer to incidentally
48. Cake maker
49. ___ et Chandon champagne
50. Violently frenzied
52. Affirms positively
53. Pea containers
54. Central area of a church
55. Afternoon affairs
56. Pig pen
57. Sunbeam

Down
1. Paper or plastic grocery item
2. Egress
3. Satellite TV receiver
4. Approaches
5. "Bet you can't," e.g.
6. Sometimes groan-inducing bit of wordplay
7. Justin ___: London, Ontario-born Never Say Never pop star
8. Spoken
9. Desiccated
10. Serpentine warning
12. Preparing a beef and vegetable dish
13. Singer Midler or actress Davis
14. Breaks from fighting
19. Broadcasts
20. Infants "in the woods"
22. A cat has nine
23. Alternative to fossil fuels
24. On one's belly
25. "Toodle-oo"
26. Assign as one's share
27. Gasoline unit
28. Blue Jays' games airer
29. Mariah ___: 1990 Best New Artist Grammy winner
31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers
42. Shabby
43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or *House* actor Epps
47. ___ Scotia
48. Dracula creature
49. Parliamentarians, for short
51. Door opener

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					2	4		
			3	6		8		
4	5	2				6		
9			1		5		6	
	8						7	
	3		4		9			8
		8				7	9	3
		5		1	8			
		4	2					

Yesterday's Sudoku

Sharability

easy — hard

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